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Psychosexual Stages of Development

Stage	Age	Focus of Libido	Dev.	Adult Fixation
Oral (old)	Birth-18 months	Mouth	feeding	Smoke, Overeating, Nails bite
Anal(age)	2-3 years	Anus	Toilet Training	Orderliness Messiness
Phallic (Parrot)	4-5 years	Genital	Oedipus/Electra complex	Sexual dysfunction
Latent (Love)	7-12	None	Socialism skills	
Genital (Grapes)	Puberty-later	Genital	Sexual Maturity	Mentally healthy

SHOUT
SHARE
IT

Ego Defence Mechanism

Mechanism	Description	Example
Repression	Anxiety provoking behaviours or thoughts are totally dismissed by the unconscious.	Banishing old, bad memories
Regression	Moving back to an earlier stage	When highly stressed, we abandon adult coping strategies and moves back to the stage at which we are fixated.
Projection	People attribute their own traits to others. Thus, a person who has strong aggressive tendencies may see other people as acting in an excessively aggressive way towards her/him	The unfaithful husband, always suspect his wife's loyalty
Denial	A person totally refuses to accept reality. Thus, someone suffering from HIV/AIDS may altogether deny her/ his illness.	I did not fail my exam, it must be a mistake
Displacement	Moving an impulse from one object to another	Angry with boss, go home and yell at your partner

Sublimation	Transferring information into something constructive	Go out and chop wood when you are angry
Reaction Formation	A person defends against anxiety by adopting behaviours opposite to her/his true feelings. A person with strong sexual urges, who channels her/his energy into religious fervour	Woman angry with his boss, goes out of her way to be kind and courteous
Rationalization	In rationalisation, a person tries to make unreasonable feelings or behaviour seem reasonable and acceptable.	You did not fail the exam because you did not study hard, the examiner set bad questions.